

Marka aad raadsanayso xannaano hadduu kugu dhaco hargab, uu ka mid yahay Hargabka H1N1 (hargabka doofaarka)

Waa Maxay Hargab?

Hargab (oo sidoo kale loo yaqaano duray) waa xannuun ku dhaco habka neefsashada oo si fududna qofku ugu gudbin karo qofka kale. Hargab xilliyeedka iyo hargabka H1N1 labaduba waa hargab fayras uu keeno. Hargabku inta badan waxa uu ku yimaadaa si deg-deg ah, waxana uu keeni karaa xannuun fudud iyo mid culusba. Tilmaamaha uu leeyahay inta badan waa xumad, qufac iyo cuno xannuun, waxa kale oo ka mid noqon kara madax xannuun, daal xoog leh, san duuf leh ama muruqyo xannuun. Yalaalugo, matag iyo shuban ayaa iyaguna ah tilmaamo kale oo uu leeyahay hargabku, waxana inta badan ay dadka waaweyn kaga badan yihiin carruurta.

Ma u baahan yahay qofkasta oo hargab ku dhacay in uu raadsado dhakhtar caafimaad?

Go'aankaaga u gaadh sidii aad sameyn lahayd haddii uu kugu dhaco hargab xiliyeedka caadiga ah. Ha raadsan daryeel caafimaad haddii aanad xannuunsanayn ama ay ku hayaan tilmaamo fudud oo aanad sida caadiga ah dhakhtar ugu tagteen. Inta badan carruurta iyo dadka waaweyn ee qaba hargabku oo caafimaadkooduna wanaagsan yahay way soo kabtaan inta badan iyaga o aan u baahan in ay booqdaan dhakhtar caafimaad. Dadka qaarkood ayaa laga yaabaa in ay ula hadlaan dhakhtarkooga caafimaad si uu ugala taliyo hababka la isugu xanneeneeyo guriga marka uu hargabku kugu dhaco. (waxa kale oo aad ka heli kartaa macluumaad ku saabsan daryeelka aad ku sameyn karto guriga adiga oo booqanaya www.kingcounty.gov/health/H1N1).

Waa ayo cidda booqanaysa ama wacaysa dhakhtar caafimaad?

- Carruurta iyo dadka waaweyn ee xannuunsanaya ee khatar weyna ugu jira in xannunkoodu ka sii daro (eeg hoos)
- Carruurta iyo dadka waaweyn eel eh astaamaha hargabka ee daran waa in ay wacaan dhakhtarkooga caafimaad ama ay si deg-deg ah ugu tagaan kiliinig caafimaad ama waaxda gargaarka deg-degga ah haddii aanay gaadhi karayn dhakhtarkooga caafimaad.
- La xidhiidh dhakhtarkaaga caafimaad dhammaan carruurta xannuunsanaysa ee da'doou ka yar tahay halka sanno.

Markasta oo ay suurtogal tahay, **wac** dhakhtarkaaga caafimaad si aad u hesho talo kahor inta aanad la sameysan ballan. Fadlan ha tegin goobaha gargaarka deg-degga ah haddii aanay tilmaamahaagu ahayn kuwo khatar ah ama xaalad wadne xannuun oo kugu keeni karta in ay kor u kacdo khatarta aad galayso haddii hargabku kugu xumaado.

Waxan umaleynayaa in uu hargab I hayo. Maxaan sameeyaa?

- Haddii hargabku ku hayo, waxa laga yaabaa in aad xannuunsato muddo toddobaad ah ama ka badan. Fadlan guriga joog si aad u wanaagsanaato oo aad dadka kalena uga ilaalso in ay qaadaan xannunka. Cab biyo badan oo naso inta ugu badan ee suurtogal ah. Iska ilaali socdaalka. Ha tegin shaqada ama dugsiga ilaa ugu yaraan 24 saacadood kadib marka ay kaa go'do xumaddu adiga oo aan isticmaalin dawooyinka xumad-jebinta sida Taylanool ama Ibuborofii (Tylenol and ibuprofen).
- Keliya dibadda u bax haddii aad u baahant ahay daryeel caafimaad ama waxyaabo kale oo muhiim ah. Haddii aad ka tegayo guriga si aad u doonato daryeel caafimaad, xidho weji-dabool.
- Gacmahaaga ku maydh inta badan biyo diiran iyo saabuun ama isticmaal gacmo nadiifiye.
- Ku dabool qufacaaga iyo hindhisada maro khafiif ah ama laabtada gacantaada.
- Guud ahaan, iska ilaali in aad u dhowaato dadka kale sida ugu suurtogalsan si aad uga hortagto in aad fidiso xannunkaaga, gaar ahaan dadka khatarta weyn ugu jira ee leh xanuunada muddada dheer ee liiskoodu ku yaalla bogga soo xiga.

Waxan umaleynayaa in uu hargab I hayo. Miyaal la iga baadhi karaa oo la iga daweyn karaa hargabka H1N1 ama hargab xiliyeedka?

Baadhitanka iyo daaweynta looma baahna ama looma soo jeedinayo inta badan carruurta iyo dadka waaweyn ee hargabku ku dhaco. Dawooyinka ka hortagga fayraska imika laguma talinayo marka laga reebo dadka qaba hargabka ee leh xannuuno adag ama ugu jira khatar haddii uu ku adkaado (eeg bogga xiga).

Yaa ugu jira khatar sarraysa haddii uu darnaado xannuunka hargabka ka imanaya? Dadkan soo soeda ayaa ugu jira khatar sii kordhaysa xannuunka daran ee ka yimaada hargabka, waana in ay la xidhiidhaan dhakhtar caafimaad:

- Carruurta ay ka yar tahay da'doodu shan sanno. Carruurta aadka u yar iyo kuwa yaryar ee da'doodu ka yar tahay 2 sannadood waxa ay khatar ugu weyn ee caafimaad ugu jiraan mushkiladaha caafimaad ee ka dhasha hargab xilliyeedka.
- Dadka waaweyn ee da'doodu ka weyn tahay 65 sanno ama ka weyn.
- Haweenka uurka leh
- Dadka leh xaaladahan caafimaad:
 - Xannuunada muddada dheer ee sambabada (oo ay ku jirto neef-qabatowga), wadnaha (marka laga reebo dhiig-karka), keliyaha, beerka, dhiigga (oo ay ku jiraan xannuunka unugyada dhiigga), maskaxda ama habdhiska dareenwadka, muruqyada (gaar ahaan kuwa sababa in ay qofka ku adkaato in uu wax liqo), habka isticmaalka cuntada ee jidhka (oo ay ku jiraan macaanka);
 - Hab dhiska difaaca jidhka oo daciiifa, oo ay ku jiraan kuwa ay keeni karaan dawooyinka ama HIV ama
 - Dadka da'doodu tahay 19 jir iyo ka yare ee loo qoray daaweyn aspirin oo muddo dheer.

Goorma ayay tahay in aan markaaba la kulmo dhakhtar caafimaad?

Haddii aad xannuunsato oo aad la kulanto mid ka mid ah tilmaamahan digniinta leh, waxaad tagtaa qolka gargaarka deg-degga ah ama xarun caafimaad oo deg-deg ah. Haddii tilmaamuuhu aanay ahayn kuwo daran, isku day in aad la xidhiidho dhakhtarkaaga caafimaad marka hore.

Carruurta yaryar, tilmaamaha digniinta ee xaaladda deg-degga ah waxa ka mid ah:

- U neefsiga si ka deg-deg badan sida caadiga ah ama mushkilad neefsiga ah ama xannuun marka la neefsanayo ah.
- Maqaarka oo noqda buluug ama dameeri (si deg-deg ah u garaac 911)
- Aan kacayn ama aan firfircoonay
- Si aad ah u cadhaysan oo aanu ilmuuhu doonayn in la qabto
- Tilmaamaha hargab oo soo baxa kadibna isu roga xumad iyo qufac xun (haddii aanay darnayn, isku day in aad la xidhiidho dhakhtarkaaga caafimaad kahor inta aanad tegin daryeel degdeg ah ama xarunta gargaarka deg-degga ah)
- Haddii ilmuuhu aanu cabayn dareero ama uu leeyahay matag daran oo joogto ah, isku day in aad la xidhiidho dhakhtarkaaga caafimaad. Haddii aanad la xidhiidhi karin dhakhtarkaaga caafimaad, ilmaha xaaladiisuna aanay ka soo raynayn, u tag baabuurta gargaarka degdegga ah ama waaxaha gargaarka deg-degga.

Dadka waaweyn, tilmaamaha digniinta ee xaaladda deg-degga ah waxa ka mid ah:

- U neefsiga si ka deg-deg badan sida caadiga ah ama mushkilad neefsiga ah ama xannuun marka la neefsanayo ah.
- Xannuun ama caddaadis haysta laabta ama bogga
- Dawakh deg-deg ah ama dawakh qofka oo nasho ku jira ama marka uu istaago
- Wareer
- Tilmaamaha hargab oo soo baxa kadibna isu roga xumad iyo qufac xun (haddii aanay darnayn, isku day in aad la xidhiidho dhakhtarkaaga caafimaad kahor inta aanad tegin daryeel degdeg ah ama xarunta gargaarka deg-degga ah)
- Haddii qofka weyn aanu cabayn dareero ama uu leeyahay matag daran oo joogto ah, isku day in aad la xidhiidho dhakhtarkaaga caafimaad. Haddii aanad la xidhiidhi karin dhakhtarkaaga caafimaad, ilmaha xaaladiisuna aanay ka soo raynayn, u tag baabuurta gargaarka degdegga ah ama waaxaha gargaarka deg-degga.

Macluumaad dheeraad ah:

- Caafimaadka Bulshada – Barta internetka ee hargabka H1N1 ee degaanka Seattle & King:
www.kingcounty.gov/health/H1N1
- Caafimaadka Bulshada – **Khadka telefoonka** ee degaanka Seattle & King: 877-903-KING (5464)
Dadka naafada ah: 711. Diyaar waxa ah Ingiriisi iyo Isbaanish.
- Xarumaha Kaantaroolka cudurada iyo ka hortagga (CDC) ee macluumaadka Hargabka H1N1:
<http://www.cdc.gov/h1n1flu/>